



M I D W E S T  
Ear Institute

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### **Migraine Associated Disequilibrium (MAD)**

Some migraine sufferers experience varying degrees of dizziness with or without an associated headache. This occurs three times more often in females, often with a history of motion intolerance as a child. The dizziness varies from true vertigo to a lightheadedness and unsteady sensation lasting hours to days. There may be associated hearing loss and tinnitus. The diagnosis often depends on excluding other ear conditions which MAD mimics, such as Menière's disease. The treatment is directed at the elimination of the triggering factors, dietary measures (migraine diet), and medications (tricyclic antidepressants, beta-blockers), and possible consultation with a neurologist.